FREE! Nutrition Counseling

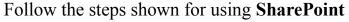
The Registered Dietitian's of the Office of Nutrition and Physical

Activity will be doing FREE nutrition counseling for all Department of Public Health employees!

Interested in learning about:

- Weight loss and/or weight management
- Healthy meal planning
- Questions on alternative eating plans (vegetarian, vegan, etc)
- Eating on the go
- Food tips
- And MORE...

Here is how to sign up!



- 1. Enter this address into the URL: http://moss.maricopa.gov/dept/ph/default.aspx
- 2. On the left side, click "Nutrition Counseling"
- 3. Then click on "NNM Counseling"
- 4. Finally, click on "edit document" and you can write your name down in the available cell.

If you would like a 1 hour timeslot, then please put your name down for both so it will be reserved for you. *Must seek permission from your direct supervisors and do this only during breaks, vacation time, or after hours in order to comply with county policy.*

Any questions about **SharePoint**, you can contact Angela Guido: AngelaGuido@mail.maricopa.gov

Questions about the sign-up sheet, contact Christian Payán: Christian Payan@mail.maricopa.gov



Maricopa County
Public Health